



UCT Cafeteria Menu

June Menu 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Any students with food allergies, lactose intolerance, or any other special dietary concerns or needs are encouraged to consult with the school nurse.</p>			1	2	3	<p>A salad bar and fresh fruit options are available daily with your lunch.</p>
	Main Item					
			Cheese stuffed Ravioli with Marinara sauce. Garlic Breadstick and Vegetables.	Breaded Chicken served with Piccata sauce. Scalloped potatoes and vegetables.	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables	
			Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread	
	6	7	8	9	10	
	Main Item					<p>Beverage options include skim milk, nonfat chocolate milk, and orange juice.</p>
	Hamburger or Cheeseburger on a whole wheat bun, Oven roasted potatoes, and Vegetables	Chicken Quesadillas with Rice and Corn	Cheese Tortellini with Marinara Sauce Garlic Breadstick and Vegetables	Chicken Cordon Bleu with Mashed potatoes and vegetables	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables	
	Sandwich Option					
	Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread	
	13	14	15	16	17	
Main Item						
Chicken Patties on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Philly Cheesesteak Sandwich. Vegetables	Cheese stuffed Manicotti with marinara, garlic breadstick, and vegetables	General's Tso's Chicken with rice and vegetables	Baked Macaroni and Cheese. Garlic Breadstick and Vegetables		
Sandwich Option						
Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread		
20	21	22	23	24		
Main Item						
Main Item						
Sandwich Option						